

## I CLAIM:

1. A front fork unit of a bicycle comprising:

a fork body;

an outer tube disposed above and movable relative  
5 to said fork body in a longitudinal direction;

a shock absorber interposed between and secured  
to said fork body and said outer tube so as to provide  
a shock absorbing effect to said front fork unit  
during movement of said outer tube relative to said  
10 fork body in said longitudinal direction;

an inner tube disposed in said outer tube and  
secured to said fork body; and

a resistance-providing member secured to one of  
said inner and outer tubes and in sliding and  
15 frictional contact with the other of said inner and  
outer tubes so as to provide a resistance to movement  
of said outer tube relative to said fork body in said  
longitudinal direction.

2. The front fork unit of Claim 1, further comprising  
20 a fastening member, said resistance-providing member  
being secured to said outer tube through said  
fastening member.

3. The front fork unit of Claim 2, wherein said inner  
tube has an inner tube surface and a top end formed  
25 with a top inner flange extending inwardly and  
radially therefrom, said resistance-providing member  
being disposed in said inner tube, being in sliding

and frictional contact with said inner tube surface of said inner tube, and abutting against said top inner flange of said inner tube when said outer tube is moved to a highest position relative to said fork  
5 body.

4. The front fork unit of Claim 3, wherein said outer tube has a top end, said resistance-providing member being annular in shape, having top and bottom end faces, and defining a through-hole extending from  
10 said top end face to said bottom end face of said resistance-providing member, said fastening member including a top inner block secured to said top end of said outer tube, upper and lower washers sandwiching said resistance-providing member  
15 therebetween, a tubular upper spacer extending between and abutting against said top inner block and said upper washer, a tubular lower spacer disposed in said through-hole and abutting against said upper and lower washers, a screw bolt extending through said  
20 lower washer, said lower and upper spacers, and said top inner block, and a screw nut engaging threadedly said screw bolt so as to prevent undesired removal of said resistance-providing member from said fastening member.

25 5. The front fork unit of Claim 4, wherein said fastening member further includes an elastic cushion sleeved on said upper spacer and abutting against said

top inner block, said top inner flange of said inner tube abutting against said cushion when said outer tube is moved to a lowest position lower than said highest position.

5 6. The front fork unit of Claim 5, wherein said resistance-providing member has an annular outer surface formed with a plurality of alternately disposed annular grooves and annular ribs, said ribs being in sliding contact with said inner tube surface  
10 of said inner tube.

7. The front fork unit of Claim 1, further comprising a pair of sleeves that are disposed between and that are in sliding contact with said outer and inner tubes.

8. The front fork unit of Claim 1, wherein said shock  
15 absorber includes a compression spring that is disposed between and that abuts against said outer tube and said fork body.

9. The front fork unit of Claim 1, wherein said outer tube has an inner surface with a non-circular portion  
20 adjacent to said top end of said outer tube, said inner tube having an outer surface with a non-circular portion adjacent to said top end of said inner tube, said non-circular portion of said outer surface of said inner tube confronting said non-circular portion  
25 of said inner surface of said outer tube so as to prevent rotation of said inner tube relative to said outer tube.